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Checking in with Your Guidance and Taking the Time to Listen

Malorie Mackey
Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

If there's one thing that I've learned in my years of meditation, it's that if you trust the universe, it will provide you with what you need when you need it. We can't always predict what's to come, and there are more than a few factors that are constantly out of our hands. However, with gratitude and trust we can be assured that our guidance will provide us with what we need at the right time. It helps to stop and reach out from time to time, asking to receive any messages from guidance.

Being open to receiving messages from guidance is important, however, you don't want to walk around wide open all the time. People who are sensitive or empathetic can tell you that that may lead to trouble. Instead, think about scheduling a daily or weekly check-in time with your guidance to receive messages. Setting aside a time each day or even twice a week could be the key to living your life more fluidly and with greater ease. Also, using Bob Monroe's Resonant Energy Balloon (REBAL) tool is a perfect way to remain open yet protected from unwanted or counterproductive influences.

How do you do this? First, try to schedule a regular time to separate yourself from the daily stressors of the world. Regularly shutting everything out for a ten-to-fifteen-minute meditation can offer numerous benefits. I would suggest trying this at the beginning of your day so you can receive messages in the morning for the day ahead, but any time that works best for you will do just fine.

Find a nice, quiet space, get comfortable, and allow yourself to breathe for a few minutes. In that time, feel the stress melting from your body as you truly relax and allow yourself to open up. In order to receive messages and connect with your guidance, it's important to feel both relaxed and safe. When you feel completely relaxed in that moment, when your mind is quiet, ask the universe, "Are there any important messages I am meant to receive today?"

Then, allow yourself to be open to receiving from your guidance. Perhaps you will see something in your mind or hear something audibly. A random thought may appear in

your mind. Perhaps you will just “know” something. If anything comes to you, however you receive it, don’t dismiss it. Quickly acknowledge this message and release it. Don’t try to analyze it at this time. Simply receive it, note it, and release.

If you’re starting out your day, think about asking your guidance if there are any messages you need to receive that could help you more happily accomplish your plans today or this week. Wait a few moments as you clear your mind and allow it to stay open to receive. Again, no matter what comes through, acknowledge it, note it, and release it with gratitude.

Finally, ask your guidance any lingering questions that may be on your mind. Perhaps a question arose from the messages you received. Perhaps it’s something completely unrelated. If you think it’s important to ask, in the moment, then do so.

After you have received your guidance, easily release your thoughts and breath.

Once you have completed this exercise, it’s important to journal any messages you received, as they could be important later. Try to make sense of what you received, but if it doesn’t make sense, that’s okay, too. Write it down as you received it. It may make sense later. Either way, be sure to keep a record so you can reference it throughout your week.

Journaling is one of the most important parts of meditation, in my opinion, as it gives you a reference to measure your growth or to provide yourself with important reminders later. Personally, I like to write out a week’s worth of entries, then go back at the end of the week to review them all together and describe any trends or developments I’ve noticed throughout the week.

All in all, it’s unbelievably important to trust that your guidance knows what’s best for you. In order to do that, you have to be open to connecting with and following your guidance. The exercise above is just one of the ways I regularly check in with my own guidance and listen to my intuition to live a more fluid life.